


INSTANT

MISSION ADDITION

ACTIVITY

- Start at any station sign.
- Do the activity shown.
- Solve the addition problem at the bottom to find out where to go next. The sum = the number at the top of the next station.
- Continue until you do all the stations or time runs out.
- HAVE FUN!

10




10 sit ups

NEXT:

2 + 4 = ?

6



12 elbows to knees

NEXT:

0 + 1 = ?



S.T.R.E.A.M.ing **into Physical** **Education**

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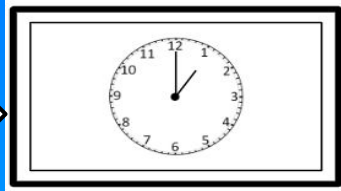
beth.callinan@ketteringschools.org



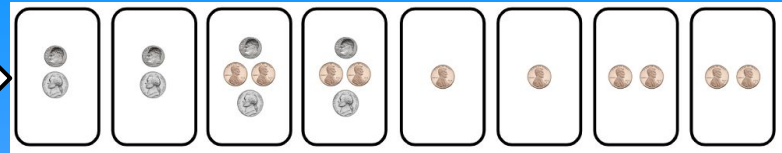
@beth_callinanPE

TIPS AND TRICKS...

- Instead of just numbering stations/groups, call them clock hours or money. Station 1 could be one o'clock or one cent/one dollar.

































- Use money themed partner cards in order to randomly separate students into 2 person groups.



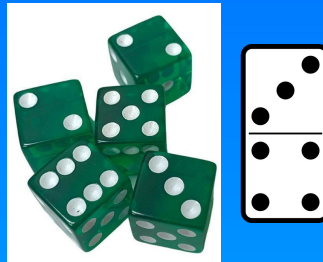
- Look for free products instead of creating your own!
Totcards has lots of free flashcards that you can print out and use.

OTHER MATH IDEAS...

DICE/DOMINO ACTIVITIES


1  Frog jumps	2  Shoulder shrugs	3  Garland pose	4  Rock, Paper, Scissors	5  Jog in place	6  Kite pose
7  Tree pose	8  Wall push ups	9  Jumping jacks	10  Flamingo 1 pose	11  Quad stretch	12  Cross-crawls
13  Warrior 1	14  Dance	15  Crab walk	16  Forearm plank	17  Warrior 2	18  Straight arm plank
19  Easy pose	20  Hamstring stretch	21  Lunges	22  Squats	23  Chair pose	24  Bird dog
25  Side lunges	26  Warrior 3	27  Arm circles	28  Side Angle	29  High knees	30  Hop

NUMBER/EXERCISE CHART



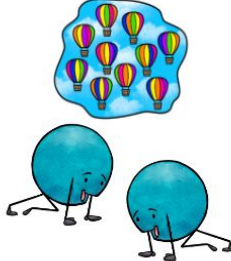
$$6 \times 8$$

Fist bump 6 people.




48

FLASHCARDS WITH ACTIVITIES ON THE BACK



Mountain climbers

Move to the next number (in order) when finished.



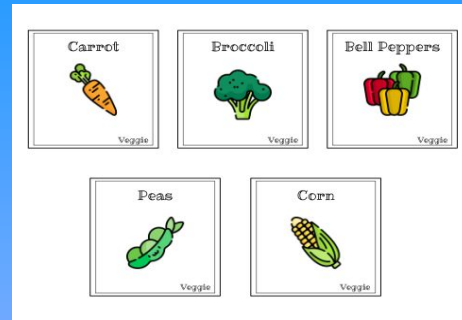
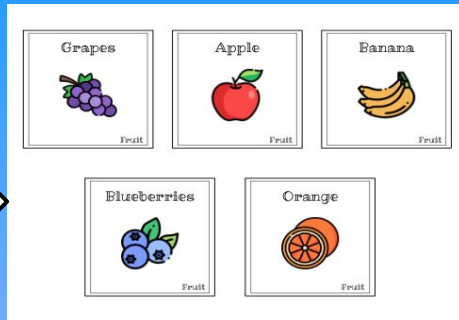
Chair pose (seconds)

Move to the next number (in order) when finished.

COUNTING/ADDITION STATIONS

GROUP ORGANIZERS

Group organizers are ways to organize your classes into small groups. There are lots of ways to do this with technology (i.e. team shake), however here is a way to do this randomly without technology. You can pick any category or subject matter you want (examples: cartoon characters, superheroes, habitats, animals, food groups, etc.). Make or find some cards that represent several different categories. Randomly hand them out to students and have them find their category team members.



ODD & EVEN TAG



CHASING & FLEEING

- ❑ PARTNER Rock, paper, scissor math
- ❑ TEAM TAG



K-1

LINK

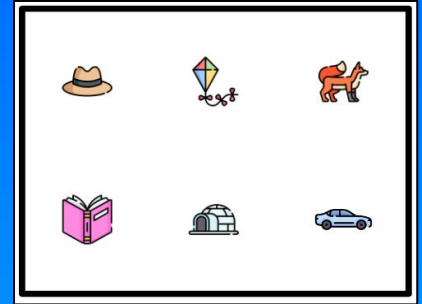
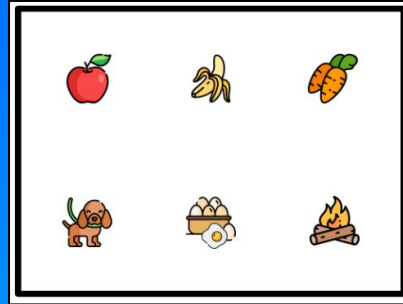
BEGINNING SOUNDS

A B C D E

F K I H

LETTER TILES

PICTURE SHEETS



LINK

BEGINNING BLENDS

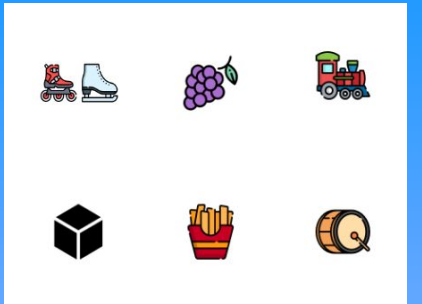
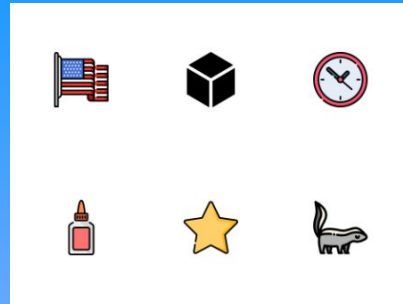
(Combined sounds of 2 or 3 consonants - each letter retains its individual sound)

cl tr st sl gr fr bl

cr sk pr gl fl dr br

BLEND TILES

PICTURE SHEETS



*Modification - add activities/exercises to the back of tiles.

Add reading, writing, and/or comprehension to an activity!

- **Themed stations:**
 - **Science – Solar System, Ecosystems, Nutrition**
 - **Social Studies – U.S./World History, Ohio (states), geography**
 - **E.L.A. – BOOKS**
 - **Art/Music – artists, instruments**
 - **Popular student interests – professional/college sports, characters (video games, books, movies, shows),**
 - **local parks/National parks**
- **Ask questions at the completion of an activity and have students write down answers (in complete sentences).**
 - **What was your favorite thing about the activity?**
 - **What did you learn?**
- **Use conversation cards/questions.**
 - **Pair Share and Jump in the Air**
 - **Pair Share with Movement to Spare**



ENGINEERING

= problem solving



PROBLEM SOLVING IN COOPERATIVE CHALLENGES

ACTIVITIES* :

- ❑ Partner challenges
- ❑ Hula Hut Relays
- ❑ Pass the fish
- ❑ Pool Noodle challenges
- ❑ Cross the pond
- ❑ Titanic
- ❑ Mission Possible or Impossible

* Game explanations [Lnks.](#)

TEACHABLE MOMENTS

- ❑ Willing to work with anyone
- ❑ Communication!
- ❑ Being a team player
- ❑ Quotes from famous People
- ❑ Perseverance
- ❑ Mistakes are Proof we are trying
- ❑ Putting team before me.
- ❑ Satisfaction of doing something hard and

HOW DO WE MAKE THE TEAM WORK?

COLLABORATE



Share ideas



Talk and listen

COOPERATE



Try others' ideas



Let others be first

COMPROMISE



It's about the team



We are only as strong as our weakest link.



How is our entire team doing?

MISSION POSSIBLE OR IMPOSSIBLE



Using provided equipment properly get your entire team across the ocean.



If any team member touches the floor the entire team must restart.



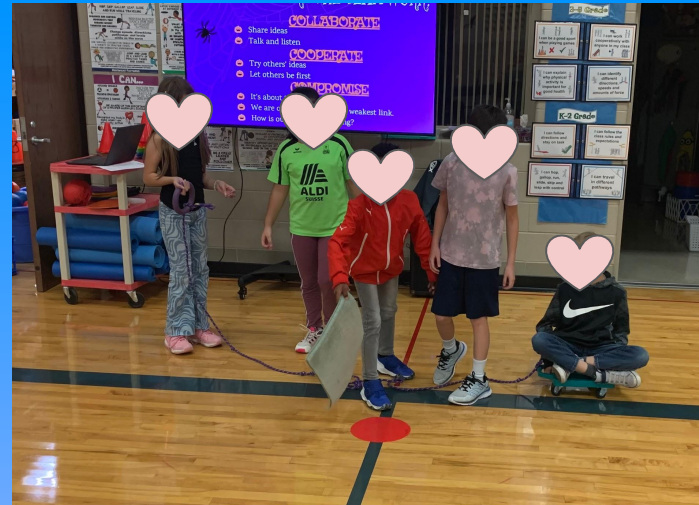
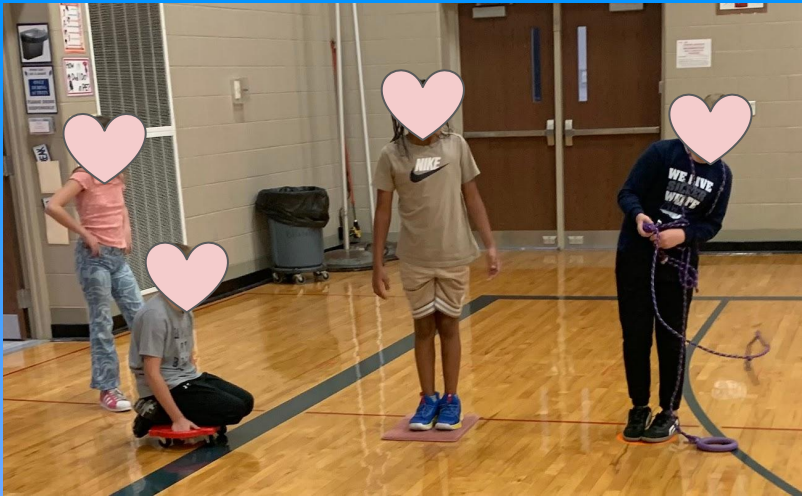
If a team can get all their members to the island, the game is frozen there and if anyone touches the floor, the team only has to restart from the island.



Identify problems and find solutions to overcome them



VIDEO



TECHNOLOGY OPTIONS

- ❑ Team Maker App
 - ❑ Teammaker (free)
 - ❑ Team Shake - not so free
- ❑ Pedometers
- ❑ Switch Assist/Wireless Remote plug
- ❑ GIFs (imgflip)/ Videos
- ❑ Power points
- ❑ Projectors - throwing targets
- ❑ Pulse Oximeters
- ❑ Ipad/Tablet stations - answer questions and/or skill review



SCIENCE

ANATOMY -

- ID muscles as you stretch them
- [ID bones \(Linked\)](#)
- Cardio = heart
- Respiratory = breathing
- [KEVIN TILLER - PHYS. ED. REVIEW](#)

VOCABULARY:

- Force
- Friction
- Balancing
- Torque
- Center of Gravity/Center of Mass
- Levers (Simple Machines)

PHYSIOLOGY:

- How muscles work
- How to throw harder - stretching muscles, using whole body
- Cardio-respiratory systems at work= Oxygen exchange
- Heart Rate at rest, during exercise and after cool down
- [\(I Can Take My Pulse/Intensity and Heart Rate\)](#)
- Pathology: effects of not having a healthy heart



Resources

and other tips...

- **Talk to your classroom teachers.**
- **Check out the worksheets that teachers have left behind (on your school's printer/copier). I can guarantee that they are checking out what you've accidentally left behind.**
- **Talk to your curriculum leaders.**
- **Look outside your district (talk to teachers that you know in other districts).**
- **Ask to be included in classroom teachers' professional development (not hugely popular, but you'll be surprised what you'll learn and can use).**
- **Search online and/or on social media for ideas that you can use or adapt.**

THANK YOU!

Questions?

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